

ARMOUR AND COMPANY  
CHICAGO

# Armour's Star Ham Recipes

Recipe	Page	Recipe	Page		
WHOLE					
1. Star Ham Cooked in Water	6	26. Spanish Star Ham Loaf	13		
2. Pressure Cooked Star Ham	6	27. Star Ham Italian Style	13		
3. Stuffed Baked Star Ham	6	28. Star Ham Soup	13		
4. Baked Star Ham in Cider	7	29. Star Ham Chop Suey	16		
5. Virginia Star Ham	7	30. Boiled Star Ham with Vegetables	16		
6. Spiced Baked Star Ham	7				
★ Baked Star Ham with Pineapple	14, 15	LEFTOVERS			
BUTT					
7. Star Ham Butt Baked with Prunes	7	31. Star Ham Supper Dish	16		
8. Braised Star Ham Butt	8	32. Star Ham Salad	16		
9. Star Ham Butt Baked	8	33. Star Ham Loaf	17		
10. Star Ham Butt Boiled in Cider	8	34. Hot Star Ham and Cheese Sandwich	17		
11. Baked Star Ham Butt with Peppers	9	35. Creole Minced Star Ham	17		
12. Mexican Star Ham	9	36. Star Ham Luncheon Dish	17		
SLICE					
13. Star Ham Duck	9	37. Baked Star Ham with Noodles or Macaroni	17		
14. Star Ham Slice with Orange	9	38. Creamed Star Ham and Potatoes	18		
15. Breaded Star Ham	9	39. Jellied Star Ham Loaf	18		
16. Broiled Star Ham Slice	10	40. Baked Stuffed Tomatoes	19		
17. Baked Lima Beans with Star Ham	10	41. Creamed Star Ham	19		
18. Baked Star Ham Slice in Tomato	10	42. Denver Sandwich	19		
19. Star Ham and Eggs Country Style	11	43. Star Ham Canape	20		
20. Planked Star Ham Steak Dinner	11	44. Star Ham Timbales	20		
21. Baked Star Ham Slice	12	45. Star Ham a la King	20		
SHANK					
22. Star Ham Mulligan	12	46. Luscious Star Ham Omelet	20		
23. Star Ham Delight	12	47. Star Ham Au Gratin	21		
24. Star Ham and Scalloped Potatoes	12	48. Star Ham Cutlets	21		
25. Star Ham Shank Dinner	13	49. Luncheon Sandwich	21		
		50. Shepherd's Pie	22		
		51. Star Ham and Cabbage En Casserole	22		
		52. Star Ham Pot Pie	22		
		53. Star Ham Stuffed Baked Potatoes	22		
		54. Star Ham and Egg Salad	22		
		55. Star Ham Hash with Poached Eggs	23		
		56. Star Ham Souffle	23		
		57. Star Ham Fritters	24		
		58. Star Ham Croquettes with Asparagus	24		
		59. Stuffed Green Peppers	24		
		60. Star Ham Cabbage Roll	24		

## Illustrations in Color

	Page
Star Ham Cooked in Water	6
Braised Star Ham Butt	8
Broiled Star Ham Slice	10
Star Ham and Eggs Country Style	11
Baked Star Ham with Pineapple	14, 15
Boiled Star Ham with Vegetables	18
Baked Stuffed Tomatoes	19
Star Ham Au Gratin	21
Star Ham Hash with Poached Eggs	23

# 60 WAYS TO SERVE ARMOUR'S STAR HAM



*Prepared by* DEPARTMENT OF FOOD ECONOMICS  
ARMOUR AND COMPANY  
CHICAGO

# *A Finer Flavored Star Ham!*

BEFORE YOU TRY A RECIPE IN THIS BOOK  
READ THE INTERESTING STORY ABOUT  
FIXED ★ FLAVOR . . . THE NEW "DOUBLE-F"  
PROCESS THAT MAKES ARMOUR'S "STAR"  
HAM EVEN BETTER THAN BEFORE.

*G*OOD as ARMOUR's "STAR" Ham always has been, the new method of curing and smoking—"double-F" process—makes it better. Your first trial of this new ARMOUR's "STAR" Ham with Fixed ★ Flavor will reveal an exceptional flavor delight, the enjoyment of which will increase with each succeeding use of this finer tasting ham.

Fixed ★ Flavor starts with the fresh ham itself—a strict method of selection and rejection that permits only the finest hams to bear the "STAR" label. And then comes the improved Armour curing and smoking processes with their automatic control of time and temperature beyond all possibility of human error.

## *Tests Have Proved Fixed ★ Flavor Superior*

We have tried the new "STAR" Ham with Fixed ★ Flavor on our own family of 60,000 people. They were amazed at the new goodness of flavor. Then we consulted food specialists who write for the great magazines and newspapers you read. Again, hearty applause for Fixed ★ Flavor. Finally, we went to the greatest arbiter of them all—the American home-maker. Not just a few, but representative groups all over

the country. The evidence was overwhelming. It was unanimously agreed that the new "STAR" Ham with Fixed ★ Flavor was the best ever.

When you cook this new "STAR" Ham, according to directions, observe how juicy, sweet and tender the meat is . . . how mild and delicious. What's more, when you use cooked "STAR" Ham in any of the leftover dishes you will be delighted to see how the flavor and tenderness are still outstanding. Leftover dishes, by the way, are where ordinary ham loses its identity. But not "STAR" Ham with Fixed ★ Flavor. You will find that the exceptional "STAR" flavor persists to the last tender morsel.

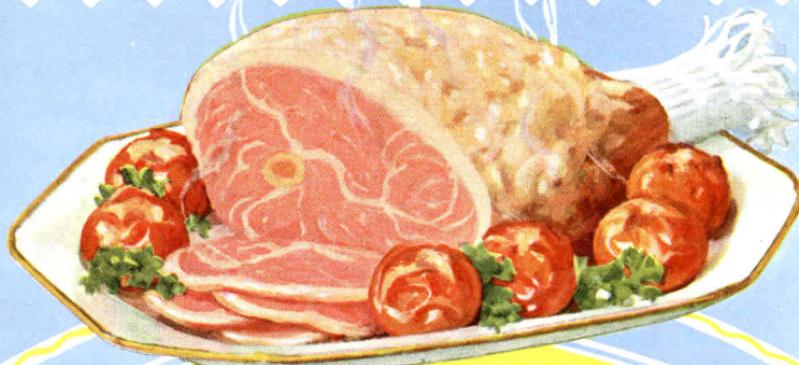
The more often you use "STAR" Ham with Fixed ★ Flavor in these recipes the more you will depend upon this delicious meat. For "STAR" Ham is an energy food—inviting and appropriate the year 'round, it may be served at any meal—outdoors or inside. It combines with any vegetable or relish. Above all, "STAR" Ham is easy to prepare and economical to use. Every part is usable. The butt may be baked, the slices broiled, the shank cooked, even the bone can be used for the most delicious soup you ever tasted.

Armour and Company knows you are going to value this book. For, in addition to helping you in the preparation of delicious dinners, it actually will help you save money because the purchase of a whole or half "STAR" Ham is a decided economy.

You can buy the new ARMOUR'S "STAR" Ham with Fixed ★ Flavor at all good dealers. Look for the name on the wrapper—the brand on the rind.



# 60 Ways to Serve



## *Star Ham Cooked in Water*

**1** Scrub a ten to twelve-pound "Star" Ham with a stiff brush and place in deep kettle. Cover with warm water. Bring water to simmering point (180° F.), just below boiling, and cook allowing 25 minutes to the pound. Cool in water in which cooked. Serve hot or cold.

TOTAL TIME: 4 HOURS. SERVES 18 TO 20.

## *Pressure Cooked Star Ham*

**2** Prepare ham as for simmering, place in pressure cooker, butt end up. Add 3 quarts water (if large cooker is used). Bring heat up to 240° F. and 10 pounds pressure. Allow 12 minutes for each pound counting from time desired pressure is reached and maintained. When cooking period is finished, let ham cool in cooker. The dial should be at zero before petcock is opened to let out the remaining steam.

TOTAL TIME FOR 10-LB. "STAR" HAM: 2 HOURS. SERVES 18 TO 20.

## *Stuffed Baked Star Ham*

**3** Prepare "Star" Ham as for "Star" Ham Cooked in Water. Make incision on fleshy side of ham and carefully remove the bone. Fill cavity with any favorite dressing. Sew up slit and tie ham firmly in a piece of cheese cloth. Then follow directions for Spiced Baked "Star" Ham omitting apples if desired.

TOTAL TIME: 5 HOURS FOR 10 TO 12-LB. "STAR" HAM. SERVES 16 TO 18.

# Armour's Star Ham

## Baked Star Ham in Cider

Wash and dry a 10-lb. "Star" Ham. Over the fleshy side sprinkle  $\frac{1}{2}$  teaspoon ground cloves, 1 teaspoon cinnamon,  $\frac{1}{2}$  teaspoon ginger, 1 teaspoon mustard, and  $\frac{1}{2}$  teaspoon paprika. Cover the ham with a thick flour water paste. Place skin side down in baking pan and fill  $\frac{3}{4}$  full with cider. Bake 3 hours in a slow oven (300° F.). Remove the paste and rind. Bake fat side up for another hour, baste frequently. Brush fat surface with beaten egg and sprinkle with the following mixture:  $\frac{1}{2}$  cup brown sugar,  $\frac{1}{2}$  cup fine bread crumbs and 3 tablespoons minced parsley. Continue baking for  $\frac{3}{4}$  hour. Make gravy from cider in pan.

TOTAL TIME: 5 HOURS. SERVES 16 TO 18.

4

## Virginia Star Ham

Cover a 10-pound "Star" Ham with water, add 3 carrots, 2 onions, a stalk of celery, 6 cloves, a blade of mace, and 1 tablespoon dark molasses. Let come to a boil, then simmer for 3 hours; cool in the liquid. When cold remove the rind, cut ham into slices and serve cold.

TOTAL TIME: 4 HOURS. SERVES 16 TO 18.

5

## Spiced Baked Star Ham

12-lb. "Star" Ham  
1 teaspoon mustard  
 $\frac{1}{2}$  cup brown sugar  
 $\frac{1}{2}$  teaspoon paprika

$\frac{1}{2}$  cup vinegar  
 $\frac{1}{2}$  cup water (in which ham was cooked)  
6 red apples  
Whole cloves

Plunge "Star" Ham into water, boil ten minutes, reduce heat, and simmer two hours. Remove rind. Sprinkle the fat surface with the mustard and paprika. Pour over the vinegar and water mixed and bake in a slow oven (300° F.) for 1 hour. Baste frequently. Sprinkle fat surface with the brown sugar, dot with whole cloves. Place the washed and cored red apples around the ham; continue baking without basting for 1 hour.

TOTAL TIME: 5 HOURS. SERVES 16 TO 18.

6

## Star Ham Butt Baked with Prunes

4 lbs. "Star" Ham Butt  
 $\frac{2}{3}$  cup brown sugar

Whole cloves

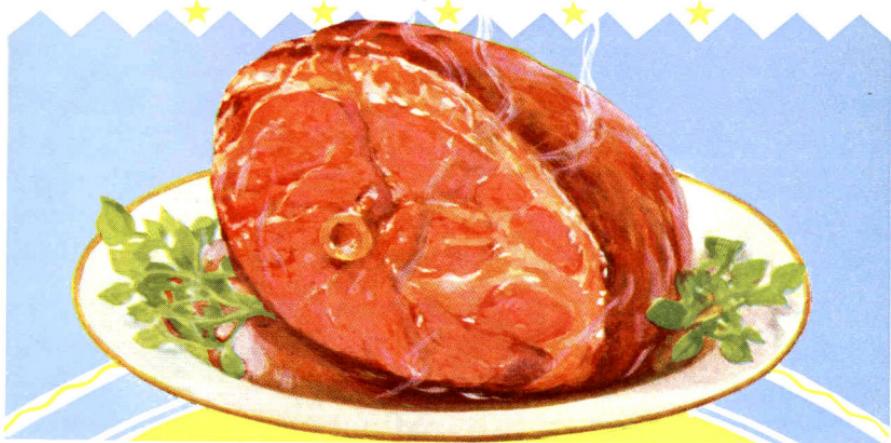
1 lb. prunes, soaked then  
cooked 10 minutes

Simmer butt  $1\frac{1}{2}$  hours. Remove rind. Cover ham with brown sugar. Stick with whole cloves. Pour over prunes and juice; bake 1 hour in a moderate oven (350° F.) basting frequently. Serve with prunes.

TOTAL TIME:  $2\frac{1}{2}$  HOURS. SERVES 6.

7

# 60 Ways to Serve



## *Braised Star Ham Butt*

8 Cook "Star" Ham Butt in boiling water to cover, allowing about 20 minutes for each pound. Take up ham, drain, remove rind and put butt into baking dish. Pour a pint bottle of tart grape or pineapple juice over the ham and bake in a moderate oven ( $350^{\circ}$  F.) until sauce is much reduced, basting frequently. Add a little ham stock to the sauce, thicken with browned flour, season and strain sauce over ham. Serve immediately.

TOTAL TIME:  $2\frac{1}{2}$  HOURS. SERVES 6.

## *Star Ham Butt Baked*

9 Simmer a "Star" Ham Butt in water to cover, allowing 20 minutes to the pound. Let cool in water. Make 1 quart of apple sauce, add 1 cup brown sugar and  $\frac{1}{2}$  teaspoon ground clove. Remove rind from butt and place in baking dish. Cover fat surface of butt with the thick apple sauce. Bake in a moderate oven ( $350^{\circ}$  F.) for 45 minutes. Serve hot or cold.

TOTAL TIME:  $2\frac{1}{2}$  HOURS (4-lb. "Star" Butt). SERVES 6.

## *Star Ham Butt Boiled in Cider*

10 Put "Star" Ham Butt into a kettle and enough cider to cover. Add 6 cloves, 3 whole peppers, 1 bay leaf and a small piece of garlic. Cook slowly for two hours, or until done. Serve hot or cold. Garnish with olives and parsley.

TOTAL TIME: 2 HOURS. SERVES 6.

# Armour's Star Ham

## Baked Star Ham Butt and Peppers

Cook a "Star" Ham Butt allowing fifteen minutes to the pound. Remove the rind and rub the fat surface well with 2 tablespoons sugar, 2 teaspoons powdered clove, and 1 teaspoon mustard. Grind 4 sweet green peppers. Place ham butt in baking dish, cover fat surface with the peppers, add 2 cups ham broth, cover roaster and bake in a 325° F., or moderate oven, allowing 12 minutes to the pound. Baste occasionally.

TOTAL TIME (4-lb. "Star" Butt): 2½ HOURS. SERVES 6.

11

## Mexican Star Ham

Cover "Star" Ham Butt with water; add  $\frac{1}{2}$  cup brown sugar mixed with 1 tablespoon chili powder. Then add a well bruised clove of garlic. Simmer, allowing 25 minutes to the pound. Place in baking dish, remove the rind and sprinkle the fat with brown sugar. Bake until brown.

TOTAL TIME: 2¾ HOURS. SERVES 6.

12

## Star Ham Duck

1 slice "Star" Ham, $\frac{1}{2}$ inch thick	$\frac{1}{2}$ teaspoon sage
4 slices stale bread	$\frac{3}{4}$ teaspoon salt
2 stalks celery, chopped	$\frac{1}{4}$ teaspoon pepper
1 tablespoon ham drippings	1 small tart apple

Make dressing with above ingredients. Spread on the ham slice and roll. Fasten with skewers or tie with string. Dust the ham duck with flour, dot with drippings and place in a roasting pan or casserole. Bake in a moderate oven (350° F.) for 1 hour. Add 1 cup water or fruit juice to the pan and baste the duck frequently.

TOTAL TIME: 1¼ HOURS. SERVES 4 TO 6.

13

## Star Ham Slice with Orange

1-lb. slice "Star" Ham	2 oranges
1 pint milk	$\frac{1}{2}$ cup brown sugar

Place "Star" Ham slice in baking dish. Cover with thin slices of orange, each stuck with a clove. Cover with brown sugar. Pour over milk and bake in a moderate oven (350° F.) for 1 hour. Baste often.

TOTAL TIME: 1 HOUR. SERVES 4.

14

## Breaded Star Ham

Dip thin slices of uncooked "Star" Ham in beaten egg, roll in crumbs and sauté in drippings or broil until a golden brown.

15

# 60 Ways to Serve



## *Broiled Star Ham Slice*

**16**

1 1/2-lb. slice "Star" Ham, 3/4 to 1 inch thick  
Score fat on edge of ham, put in hot frying pan or under broiler; sear quickly; turn and brown other side. Lower heat; cook slowly until done.

TOTAL TIME: 20 MINUTES. SERVES 4.

## *Baked Lima Beans with Star Ham*

**17**

1 slice "Star" Ham, 3/4 inch thick  
1 cup dry lima beans  
1/4 cup Veribest Chili Sauce  
1 teaspoon salt  
1/2 teaspoon pepper  
Soak limas over night in cold water. Drain, cook in boiling salted water for 30 minutes. Drain, place in greased deep baking dish, cover with the slice of ham. Pour over the chili sauce and cover with water in which beans were cooked. Cover dish and bake one hour in a 350° F. oven. Baste the ham frequently. Remove cover fifteen minutes before serving to brown ham slice. Serve garnished with pimiento stuffed olives.

TOTAL TIME: 1 1/2 HOURS. SERVES 6.

## *Baked Star Ham Slice in Tomato*

**18**

Wipe "Star" Ham slice with damp cloth; place in shallow baking dish; pour 2 cups tomatoes over the ham; then cover with 1/4 pound Clover bloom American Cheese cut in thin slices. Bake in a moderate oven (350° F.) 3/4 to 1 hour. Serve with baked potatoes.

TOTAL TIME: 1 HOUR. SERVES 4 TO 5.

# Armour's Star Ham



## Star Ham and Eggs Country Style

Gash the fat on the edge of a  $\frac{1}{2}$ -inch slice of "Star" Ham in several places. Put into a frying pan and sear quickly on both sides. Reduce heat and let ham cook slowly for about ten minutes. Remove ham to hot platter and keep in a warm place until ready to serve.

Break each Cloverbloom egg separately in a saucer and slip into the hot ham fat in the frying pan. Cook over low fire and baste with hot fat until white becomes set. Season with salt and pepper. Serve immediately on platter with the ham.

TOTAL TIME: 20 MINUTES.

SERVES 4 TO 6.

19

## Planked Star Ham Steak Dinner

1 slice "Star" Ham,  $\frac{3}{4}$  inch thick  
1 cup fruit juice  
4 small cored red apples, baked  
4 parboiled green peppers

2 cups mashed potatoes  
 $\frac{1}{4}$  cup milk  
2 tablespoons Cloverbloom Butter  
2 Cloverbloom Eggs

Score fat around ham. Broil for 10 minutes without turning, basting several times with fruit juice. Then remove to heated plank or oven-glass baking platter broiled side down. Add milk, butter and eggs to mashed potatoes. Beat thoroughly. Season to taste and with pastry bag or spoon fill peppers. Arrange around ham with apples. Return to oven to heat through and brown ham and potatoes. Garnish with water cress or parsley.

TOTAL TIME: 40 MINUTES. SERVES 4.

20

# 60 Ways to Serve

## Baked Star Ham Slice

21      1 slice "Star" Ham cut  $\frac{3}{4}$  inch thick  
         $\frac{1}{4}$  cup brown sugar      1 teaspoon mustard  
Place ham slice in casserole or covered baking dish, rub with mustard and brown sugar. Then pour milk over to just cover ham. Bake in a moderate oven ( $350^{\circ}$  F.) for 1 hour.

TOTAL TIME: 1 HOUR.      SERVES 4.

## Star Ham Mulligan

22      1 "Star" Ham Shank      3 large ears of corn or No. 1 can  
        1 pound green beans or No. 1 can  
Prepare ham shank, cover with water and simmer for 3 to 4 hours or until done. If fresh beans and corn (removed from the cob) are used, add  $\frac{1}{2}$  hour before end of cooking period. If canned vegetables are used add just before serving to be thoroughly heated. Thicken some of the broth with a flour water paste to make gravy. Serve with plain boiled potatoes.

TOTAL TIME:  $3\frac{1}{4}$  TO 4 HOURS.      SERVES 4.

## Star Ham Delight

23      1 to 2 pound "Star" Ham Slice,  
         $\frac{3}{4}$  to 1 inch thick      12 marshmallows  
        4 slices canned pineapple       $\frac{1}{2}$  cup pineapple juice  
Place "Star" Ham slice in baking pan; pour over the pineapple juice and bake in a  $375^{\circ}$  F. oven,  $\frac{3}{4}$  hour, basting with the juice. Then remove from the oven. Place the pineapple slices on top of the ham, and return to the oven. When delicately brown, place marshmallows on the pineapple slices and bake until marshmallows puff up and brown. Serve on heated platter. Garnish with green pepper rings, and pimiento stuffed olives.

TOTAL TIME:  $1\frac{1}{2}$  HOURS.      SERVES 4.

## Star Ham and Scalloped Potatoes

24      1 thick slice "Star" Ham       $1\frac{1}{2}$  c. thin white sauce  
        4 c. sliced raw potatoes      Salt and pepper  
Cut a slice of "Star" Ham one-half inch thick and flour lightly. Fry each side until it begins to brown, then put into a baking dish, cover with the white sauce and bake in a moderate oven  $350^{\circ}$  F. for half an hour. Turn and bake another half hour. Cut pared potatoes into medium thick slices, boil until almost tender and drain. Arrange in the casserole, lay the slice of ham on top, bake 25 minutes.

TOTAL TIME:  $1\frac{1}{4}$  HOURS.      SERVES 4 TO 5.

# Armour's Star Ham

## Star Ham Shank Dinner

1 "Star" Ham Shank, 2½ lbs.

1 lb. fresh green beans

2 cups canned or mashed fresh tomatoes

2 tablespoons minced parsley

½ cup sliced onion

25

Prepare "Star" Ham Shank, cover with water and simmer 2½ hours. Pour off half of the water, add the vegetables and continue cooking slowly 45 minutes. Serve with boiled potatoes.

TOTAL TIME: 3½ HOURS. SERVES 4.

## Spanish Star Ham Loaf

1 lb. uncooked "Star" Ham  
(from shank end)

2 lbs. lean pork

¾ cup milk

1 small can tomatoes

½ green pepper, minced

½ small onion, minced

2 Cloverbloom Eggs

1 teaspoon minced parsley

26

Grind meat. Add all ingredients but tomatoes. Mix thoroughly. Pack into greased baking dish. Pour over the tomatoes and bake in a moderate oven (350° F.) 1½ hours. Unmold and serve on heated platter. Garnish with slices of hard cooked eggs and shredded green pepper.

TOTAL TIME: 2 HOURS. SERVES 6.

## Star Ham Italian Style

1 "Star" Ham Shank

1 small clove garlic

½ package spaghetti (½ lb.)

2 cups canned tomato

¾ cup chopped mushrooms (ends and stems)

2 tablespoons minced onion

2 tablespoons minced green pepper

½ teaspoon salt

⅛ teaspoon pepper

27

Cover "Star" Ham shank with warm water, add the garlic well bruised, and simmer, allowing 2 hours for a 2½-pound shank. One-half hour before done add the other ingredients. Remove "Star" Ham Shank to large platter, surround with the well drained spaghetti, pouring sauce over spaghetti.

TOTAL TIME: 3 HOURS. SERVES 4.

## Star Ham Soup

2 quarts water

1 "Star" Ham Shank

1 pint dried split peas

2 onions

2 tablespoons flour

2 strips celery

28

Wash and soak peas overnight. Put into saucepan with the ham shank and water; bring to a boil. Add the vegetable slices, and simmer at least 3 hours. Rub through a wire sieve. Return to saucepan. Add flour and water paste. Boil. Season to taste. Serve with buttered croutons.

TOTAL TIME: 3 HOURS. SERVES 4.

# ARMOUR'S STAR HAM

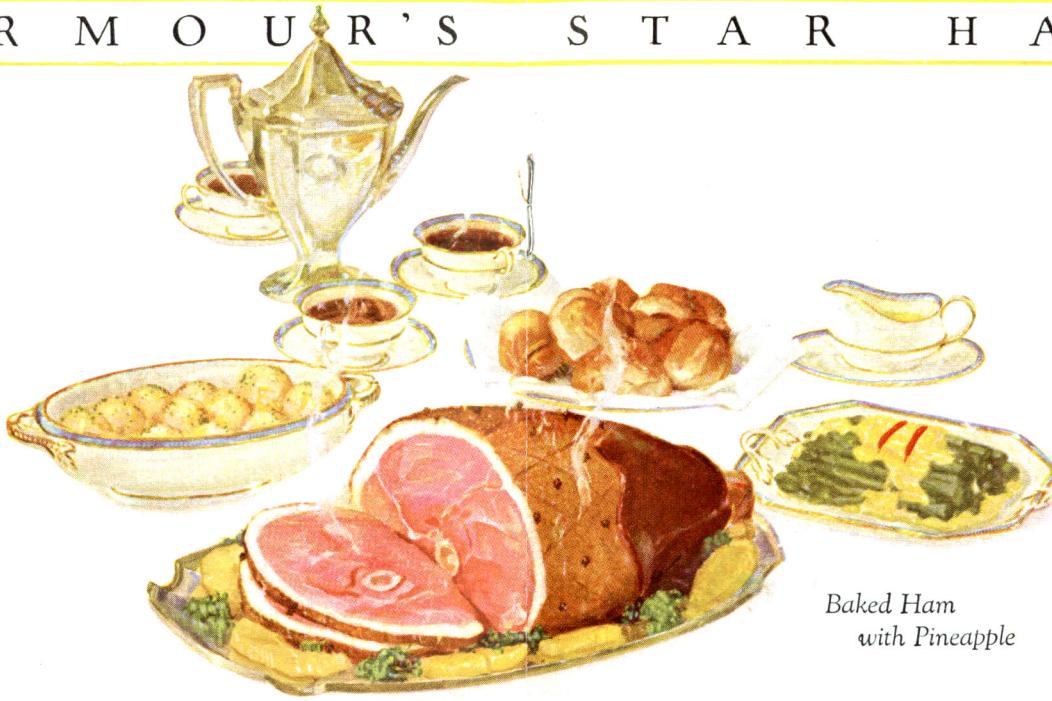


"Ham Is One of the Best Heat and Energy Producing Foods"

Says Royal S. Copeland, Former Commissioner of Health of New York City; now U. S. Senator from New York:

"Ham is one of the best heat and energy producing foods, containing those essential oils most needed for the maintenance and proper functioning of the body. Ham contains a large percentage of available nutriment which is stored up in the body as a reserve weapon against mal-nutrition or other wasting diseases. It is easily assimilated and used for growth, energy and comfort."

(New York American)



Baked Ham  
with Pineapple

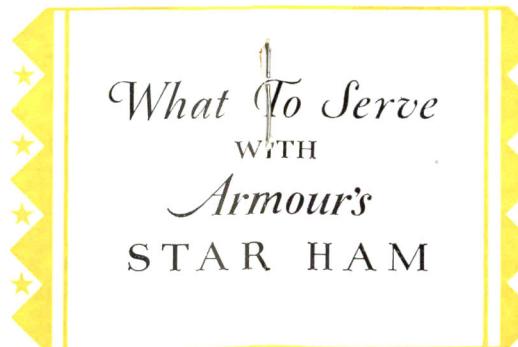


## Recipe

Boil a 10 or 12-pound "Star" Ham ten minutes, then simmer 3 hours. Take from water, remove skin from two-thirds of ham leaving one-third on shank end. Bake slowly at a temperature of 350° F. for one hour, fat side up. Baste with mixture of 1 cup pineapple juice, 1 cup ham liquor, and one teaspoon of mustard. Sprinkle brown sugar over fat, dot with cloves, and continue baking without basting until ham is done. Serve with sautéed pineapple rings.



Ham	Relish	Potatoes	Vegetable	Salad	Dessert
Shepherd's Pie	Pickles		Creamed Broccoli	Tomato Lettuce	Apricot Bread Pudding
Ham Croquettes	Horse-radish Sauce	Creamed	Buttered Asparagus	Cabbage	Fruit Shortcake
Broiled Ham	Sweet Pickles	Julienne	Spinach	Vegetable	Apple Pie
Ham Shank with Sauerkraut	Radishes	Boiled		Jellied Vegetable	Peach Cake
Ham with Vegetables	Mustard Pickles			Orange	Custard
Baked Spiced Ham	Olives Pickles	Baked	Buttered Beans	Head Lettuce	Caramel Nut Cake



Ham	Relish	Potatoes	Vegetable	Salad	Dessert
Braised Butt	Celery	Au Gratin	Baked Squash	Plum Salad	Blanc Mange
Ham Duck	Currant Jelly	Baked Sweet	Buttered Carrots	Pineapple Salad	Cottage Pudding Orange Sauce
Spanish Ham Loaf	Chili Sauce	Escaloped	Parsnip Puff	Fruit Salad	Sugar Cookies
Ham Soufflé	Stuffed Celery		Harvard Beets		Pear Butter-scotch Tarts
Planked Ham Steak Dinner	Green Onions		Scalloped Corn	Cole Slaw	Fruit Whip
Ham Chop Suey	Stuffed Olives	Rice	Creamed Peas	Date, Pineapple	Sponge Cake

# 60 Ways to Serve

## *Star Ham Chop Suey*

1 lb. uncooked "Star" Ham, cut into cubes	$\frac{1}{4}$ tsp. paprika
$\frac{1}{2}$ c. diced celery	2 tbsp. molasses
8 medium onions, sliced lengthwise	$\frac{1}{4}$ tsp. salt $\frac{1}{4}$ tsp. pepper

**29** Melt a tablespoonful of "Star" Bacon drippings in large kettle, add ham and onions, cook until onions turn light yellow. Then add molasses and seasoning. Cover with boiling water; simmer for  $\frac{1}{2}$  hour, adding more water if necessary. Add celery and continue cooking about 20 minutes. If desired add  $\frac{1}{2}$  cup chopped canned mushrooms, using the mushroom broth in place of some of the water. Thicken gravy; serve with steamed rice.

TOTAL TIME: 1  $\frac{1}{4}$  HOURS. SERVES 6.

## *Boiled Star Ham with Vegetables*

1 shank end "Star" Ham	5 small onions
5 small potatoes	3 small turnips, cut in quarters
1 small head cabbage cut in fifths	3 medium sized carrots, cut in quarters lengthwise

**30** Plunge the ham in a pan of hot water and simmer one hour before adding the vegetables. At the end of the first hour's cooking, add the turnips, and when these have cooked 15 minutes add the potatoes and cabbage; cook 30 minutes longer; remove the vegetables carefully so as not to break in pieces and serve on a platter. Arrange the ham in the center of the platter and surround with the vegetables.

TOTAL TIME: 1  $\frac{3}{4}$  HOURS. SERVES 5.

## *Star Ham Supper Dish*

**31** Slice the cold baked "Star" Ham thinly, cover the bottom of a greased deep baking dish with the slices. Then cover the ham with 2 tablespoons minced onion and  $\frac{1}{2}$  cup celery. Cover with 2 cups cooked spaghetti and pour 2 cups tomatoes over the whole. Bake in a moderate oven ( $350^{\circ}$  F.) for 30 minutes.

TOTAL TIME: 45 MINUTES. SERVES 4.

## *Star Ham Salad*

3 cups diced cooked "Star" Ham	$\frac{1}{2}$ cup diced cucumbers (if desired)
1 cup crisp lettuce, shredded	$\frac{1}{2}$ cup mayonnaise dressing
1 cup chopped sweet pickles	$\frac{1}{2}$ cup sweet red pepper, chopped

**32**  $\frac{1}{2}$  cup diced celery  
Toss all ingredients together; moisten with mayonnaise. Serve on crisp lettuce. Garnish with mayonnaise.

TOTAL TIME: 15 MINUTES. SERVES 6.

# Armour's Star Ham

## Star Ham Loaf

3 cups minced "Star" Ham	$\frac{1}{4}$ teaspoon pepper
1 small onion	$\frac{1}{2}$ cup sifted bread crumbs
3 sprigs parsley	1 tablespoon prepared mustard
2 Cloverbloom Eggs	1 cup milk or tomato juice

Put "Star" Ham, onion and parsley through food chopper. Add beaten egg and other ingredients. Pack into well greased loaf pan and bake 40 minutes in a moderate oven ( $350^{\circ}$  F.). Serve hot or cold.

TOTAL TIME: 1 HOUR. SERVES 6.

33

## Hot Star Ham and Cheese Sandwich

Cut bread as for sandwiches. Spread one slice with Cloverbloom Butter, cover with slices "Star" Ham. Cover other with slices of Cloverbloom Cheese. Press sandwich together, dip into slightly beaten Cloverbloom Egg to which 2 tablespoons milk have been added. Sauté in "Star" Ham drippings until golden brown on both sides.

TOTAL TIME: 15 MINUTES.

34

## Creole Minced Star Ham

1 cup minced leftover "Star" Ham	2 hard cooked Cloverbloom Eggs
1 1/2 cups thin white sauce	3 tablespoons Veribest Chili Sauce
1/4 cup minced green pepper	

Mix all ingredients together and heat over hot water. Serve on half slices of buttered toast. Garnish each serving with a sprig of parsley.

TOTAL TIME: 25 MINUTES. SERVES 4.

35

## Star Ham Luncheon Dish

Place round of baked "Star" Ham in a greased shallow baking dish; cover each round with a slice of pineapple. Pour over some of the gravy from the baked ham, just enough to cover bottom of dish. Pile mashed potatoes on top of each pineapple slice and sprinkle with a little paprika. Bake in a moderate oven ( $350^{\circ}$  F.) for 20 minutes.

TOTAL TIME: 30 MINUTES.

36

## Baked Star Ham with Noodles or Macaroni

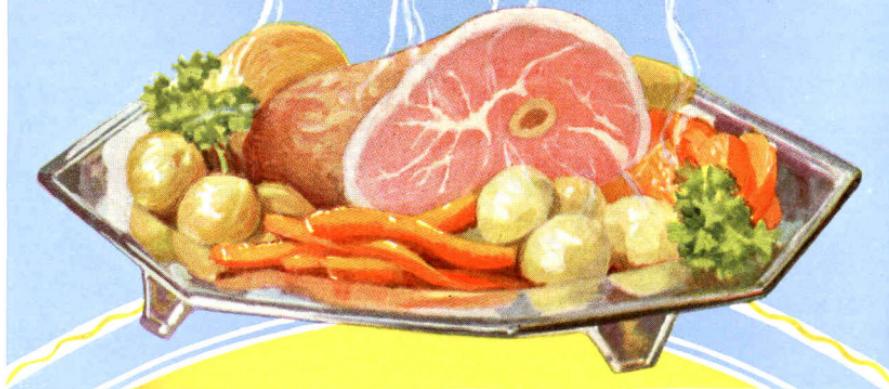
1 cup cooked "Star" Ham	$\frac{1}{2}$ cup water
3 cups cooked noodles or macaroni	$\frac{1}{2}$ cup crumbs
$\frac{1}{2}$ cup Veribest Evaporated Milk	1 tablespoon Cloverbloom Butter
$\frac{1}{2}$ teaspoon salt and pepper mixed	

Grease a baking dish, and place in alternate layers cooked chopped ham and cooked noodles or macaroni. Season. Add liquid, cover with bread crumbs, dot with butter and brown in a hot oven,  $400^{\circ}$  F.

TOTAL TIME: 30 MINUTES. SERVES 6.

37

# 60 Ways to Serve



## Creamed Star Ham and Potatoes

1 cup finely chopped cooked "Star" Ham	$\frac{3}{4}$ cup water
2 cups cooked new potatoes, cut in dice	1 tablespoon minced parsley
3 tablespoons Cloverbloom Butter	1 tablespoon minced green pepper
3 tablespoons flour	Salt and pepper to season
	$\frac{3}{4}$ cup Veribest Evaporated Milk

38 Melt butter, add chopped pepper and parsley and cook slowly for 3 to 5 minutes. Stir in the flour then add milk. Cook until thickened and smooth, then add ham, seasonings and cold potatoes. Cover and re-heat over hot water or a very slow fire. Sprinkle with chopped parsley and serve very hot.

TOTAL TIME: 25 MINUTES. SERVES 5 TO 6.

## Jellied Star Ham Loaf

2 cups finely diced "Star" Ham	$\frac{1}{2}$ teaspoon salt
1 tablespoon granulated gelatin	$\frac{1}{2}$ cup diced celery
$\frac{1}{4}$ cup cold water	1 chopped pimento
$\frac{3}{4}$ cup boiling water	$\frac{1}{2}$ chopped green pepper
$\frac{1}{4}$ cup vinegar	2 tablespoons finely minced onion
2 hard cooked Cloverbloom Eggs, sliced	$\frac{1}{2}$ cup mayonnaise or boiled salad dressing

39 Soak the gelatin in cold water, then dissolve in the boiling water. Add vinegar and salt. Cool. When mixture begins to jell mix in all the other ingredients excepting the eggs. Rinse a mold in cold water, arrange the egg slices on bottom and sides, then pour in the ham mixture. Set in cold place until firm. Serve on bed of shredded lettuce.

TOTAL TIME: 3 HOURS. SERVES 6.

# Armour's Star Ham



## Baked Stuffed Tomatoes

1 1/2 cups minced "Star" Ham  
 1/2 cup sifted bread crumbs  
 1/2 small onion, minced  
 2 tablespoons minced green pepper  
 1/2 cup tomato pulp

1/2 teaspoon salt

1/4 teaspoon paprika  
 1 Cloverbloom Egg, beaten  
 1/4 teaspoon pepper  
 6 slices "Star" Bacon  
 6 medium sized tomatoes

40

Remove tops and scoop out centers of tomatoes. Mix ingredients and stuff the tomatoes. Place a slice of "Star" Bacon on each. Place in a shallow baking pan. Cover bottom of pan with boiling water. Bake in a hot oven (400° F.) until tomatoes are soft and bacon is crisp.

TOTAL TIME: 45 MINUTES.

SERVES 6.

## Creamed Star Ham

1 1/2 cups diced cold cooked "Star" Ham  
 1 tablespoon minced pimiento

1 1/2 cups thin cream sauce  
 1 tablespoon chopped olives  
 1/2 teaspoon salt and pepper mixed

41

Add ham and seasonings to cream sauce. Serve on toast or in patty cases.

TOTAL TIME: 15 MINUTES.

SERVES 6.

## Denver Sandwich

3/4 c. cold boiled "Star" Ham (chopped very fine)  
 1 small onion (chopped fine)

1 dill pickle (chopped fine)  
 2 Cloverbloom Eggs (beaten lightly)

42

Beat all together and fry in Armour's "Simon Pure" Leaf Lard. Toast two slices of bread and butter them. Put mixture between slices and trim. Serve with sliced dill pickles for garnish.

TOTAL TIME: 15 MINUTES. SERVES 1 TO 2.

# 60 Ways to Serve

## Star Ham Canapé

43

$\frac{3}{4}$  cup minced leftover "Star" Ham  
 $\frac{3}{4}$  cup thick boiled dressing  
1 teaspoon prepared mustard  
3 pieces of celery, minced

2 small sweet pickles, minced  
1 Cloverbloom Egg, hard cooked  
8 slices of toast  
Cloverbloom Butter

Mix the first five ingredients well and spread on rounds of buttered toast. Press the hard cooked egg through a coarse sieve and garnish each canapé with a border of the egg.

TOTAL TIME: 25 MINUTES. SERVES 8.

## Star Ham Timbales

44

$\frac{3}{4}$  cup chopped cooked "Star" Ham  
 $\frac{1}{2}$  cup Veribest Evaporated Milk  
 $\frac{1}{2}$  cup water  
 $\frac{1}{2}$  teaspoon salt

$\frac{1}{2}$  teaspoon onion juice  
4 Cloverbloom Eggs  
 $\frac{1}{4}$  teaspoon pepper  
 $\frac{1}{4}$  teaspoon paprika

Beat the eggs, add the liquid and seasoning, then the ham. Pour into buttered timbale molds; place in pan of hot water and cover with greased paper. Bake in a moderate oven ( $350^{\circ}$  F.) until firm (and a silver knife stuck into the center of each timbale comes out clean), about 25 minutes.

TOTAL TIME: 40 MINUTES. MAKES 6 MEDIUM SIZED TIMBALES.

## Star Ham à la King

45

2 cups diced baked "Star" Ham  
 $1\frac{1}{2}$  cups water  
 $1\frac{1}{2}$  cups Veribest Evaporated Milk  
2 tablespoons flour  
2 tablespoons Cloverbloom Butter or  
3X Oleomargarine  
 $\frac{1}{4}$  teaspoon salt

$\frac{1}{4}$  teaspoon pepper  
 $\frac{1}{4}$  teaspoon celery salt  
 $1\frac{1}{2}$  cups sautéed mushrooms  
2 Cloverbloom Egg yolks  
1 tablespoon diced green pepper  
 $\frac{1}{2}$  cup pimiento cut into thin strips

Put water, evaporated milk, egg yolks and seasonings into a sauce pan. Melt fat and then add flour which is added to the liquid when the liquid has reached the simmering point. Add the diced ham, green pepper and mushrooms and lastly the pimientos. Serve on toast.

TOTAL TIME: 25 MINUTES. SERVES 6 TO 8.

## Luscious Star Ham Omelet

46

Beat the white and yolks of four Cloverbloom Eggs separately. To the yolks add two teaspoons Cloverbloom Butter, a pinch of salt, and one cup of boiled "Star" Ham finely chopped. Make a smooth paste of one level tablespoon flour and one-fourth cup of milk, and gradually add one-half cup of milk and the well-beaten whites of the eggs. Combine the two mixtures, pour into a hot, well-greased skillet, and bake in a moderate  $350^{\circ}$  F. oven for 15 minutes.

TOTAL TIME: 20 MINUTES. SERVES 4.

# Armour's Star Ham



## Star Ham au Gratin

$\frac{3}{4}$  c. Veribest Evaporated Milk  
 $\frac{3}{4}$  c. water  
 $\frac{1}{2}$  slice onion  
1 stalk celery  
2 tbsp. flour

1 c. chopped cooked "Star" Ham  
2 tbsp. Cloverbloom Butter  
1 Cloverbloom Egg  
1 tsp. salt  
 $\frac{1}{4}$  tsp. paprika

Heat onion and celery in milk. Melt butter, add flour, mix well and add milk. Cook until creamy, add egg well beaten, seasonings and ham. Pour into well-buttered baking dish and bake 25 minutes in a moderate oven  $350^{\circ}$  F.

TOTAL TIME: 40 MINUTES. SERVES 5.

47

## Star Ham Cutlets

2 c. minced cold cooked "Star" Ham  
1 c. thick white sauce

Few grains cayenne  
1 tbsp. minced green peppers

Add sauce to ham, then add seasonings. Spread on a plate to cool. Shape in the form of cutlets, dip in crumbs, egg, then crumbs again, fry in deep fat at a temperature of  $380^{\circ}$  F. for  $1\frac{1}{2}$  minutes. Drain. Garnish with green leaves.

TOTAL TIME: 40 MINUTES. SERVES 4.

48

## Luncheon Sandwich

Make patties of mashed potatoes, spread with mustard mayonnaise. Cover with a generous portion of the chopped "Star" Ham. Top each with a stuffed olive. Serve on individual plates with the buttered peas.

TOTAL TIME: 30 MINUTES.

49

# 60 Ways to Serve

50

Combine water and flour and add ham, celery and onion to it. Cook until thoroughly heated. Line a baking dish or casserole with mashed potatoes, then add cooked ham mixture and cover with additional mashed potatoes. Bake in a moderate oven ( $350^{\circ}$  F.) 30 minutes.

TOTAL TIME: 45 MINUTES. SERVES 6.

## *Star Ham and Cabbage en Casserole*

51

Place 1-inch sliced cooked "Star" Ham in casserole, cover with  $\frac{1}{2}$  head cabbage and pour 2 cups white sauce over all. Bake in a moderate oven ( $350^{\circ}$  F.) for 30 minutes.

TOTAL TIME: 40 MINUTES. SERVES 6.

## *Star Ham Pot Pie*

52

1 lb. or 2 cups cubed cooked "Star" Ham  
1 can corn  
2 large potatoes diced (cooked)  
 $1\frac{3}{4}$  cups medium white sauce

$\frac{1}{4}$  small onion  
 $\frac{1}{4}$  teaspoon mustard  
 $\frac{1}{4}$  teaspoon paprika

Combine all ingredients. Bake in a casserole for 30 minutes at  $400^{\circ}$  F. Then cover with baking powder biscuits and bake 15 minutes at  $450^{\circ}$  F. or until biscuits are done.

TOTAL TIME: 1 HOUR. SERVES 6.

## *Star Ham Stuffed Baked Potatoes*

53

Bake 4 medium sized potatoes for 45 minutes in a hot oven ( $400^{\circ}$  F.). Cut off the top of each potato and remove part of the potato. Mash, add equal quantity of chopped "Star" Ham and season with  $\frac{1}{2}$  teaspoon of mustard for each cup of ham. Refill potato shells and bake in oven for 15 minutes.

TOTAL TIME: 1 HOUR 10 MINUTES. SERVES 4.

## *Star Ham and Egg Salad*

54

2 cups diced leftover "Star" Ham  
3 hard cooked Cloverbloom Eggs,  
chopped coarsely

6 diced sweet pickles  
12 chopped pimiento stuffed olives  
1 cup well-seasoned mayonnaise or  
boiled dressing

Toss the ingredients lightly together and serve in lettuce cups.

TOTAL TIME: 20 MINUTES. SERVES 4.

# Armour's Star Ham



## Star Ham Hash with Poached Eggs

2 cups leftover "Star" Ham, chopped  
2 cups chopped cooked potatoes  
1/2 green pepper, minced  
1/2 medium onion, minced

2 tablespoons "Star" Ham drippings  
1/2 cup diced celery  
1/4 teaspoon pepper  
1/2 teaspoon salt

Melt the drippings and sauté the green pepper, onion and celery. Mix with the chopped ham and potatoes, then add the seasoning. Add a little hot water if too dry. Shape into individual molds about 1 inch thick. Sauté in drippings until thoroughly heated and slightly browned. Serve with poached egg on each mold.

TOTAL TIME: 30 MINUTES. SERVES 6.

55

## Star Ham Soufflé

2 tablespoons "Star" Ham drippings  
1 slice onion  
2 tablespoons flour  
1/2 teaspoon paprika

1 cup Veribest Evaporated Milk,  
diluted with 1 cup water  
2 cups cooked, chopped ham  
3 Cloverbloom Eggs  
1/2 cup bread crumbs

Cook chopped onion in drippings, add flour and paprika and stir until well blended. Add 2 cups milk, stir until smooth and boiling. Strain, pour over bread crumbs, add ham, beaten yolks and fold in stiffly beaten egg whites. Bake in buttered baking dish, set in a pan of hot water in a slow oven (275-300° F.) for 45 minutes.

TOTAL TIME: 1 HOUR. SERVES 6.

56

# 60 Ways to Serve

## Star Ham Fritters

57

1 cup leftover "Star" Ham  
 ½ cup Veribest Evaporated Milk  
 ½ cup water  
 1½ cups flour  
 3 level teaspoons baking powder

1 Cloverbloom Egg  
 1 tablespoon "Star" Ham drippings  
 ½ teaspoon sugar  
 ¼ teaspoon salt

Beat the egg well, add the milk, melted drippings and the sifted dry ingredients. Then mix in the ham. Drop from tablespoon in deep Simon Pure Lard heated to 380° F. Turn as soon as fritter comes to the surface. Fry each fritter about 2 minutes. Serve on heated sliced pineapple.

TOTAL TIME: 25 MINUTES. SERVES 6.

## Star Ham Croquettes with Asparagus

58

2 cups boiled rice or mashed potatoes  
 2 Cloverbloom Eggs  
 1½ cups finely minced "Star" Ham  
 2 tablespoons green pepper, minced

Salt and pepper to taste  
 2 tablespoons Veribest Evaporated Milk  
 Bread crumbs  
 1 egg plus 1 tablespoon water

Combine ingredients and shape into small rolls or pyramids. Roll in crumbs, then dip in beaten egg, cover with crumbs again. Fry in deep Simon Pure Lard until golden brown. Serve with asparagus.

TOTAL TIME: 35 MINUTES. TEMP. 400° F. SERVES 7.

## Stuffed Green Peppers

59

6 green peppers  
 1 cup minced leftover "Star" Ham  
 1 cup cooked rice

½ cup medium white sauce  
 ½ cup bread crumbs  
 2 tablespoons "Star" Ham Drippings  
 2 tablespoons minced onion

Cut tops from peppers, remove seeds and parboil 15 minutes, or until tender. Melt drippings in skillet, add onion and cook until slightly brown; then add the rice, "Star" Ham and sauce. Fill peppers with mixture, sprinkle tops with crumbs and bake 20 minutes in a hot oven (400° F.).

TOTAL TIME: 35 MINUTES. SERVES 6.

## Star Ham Cabbage Roll

60

2 cups ground leftover "Star" Ham  
 1 small onion, minced  
 1 cup cooked rice  
 1½ cups tomato or thin well-seasoned white sauce

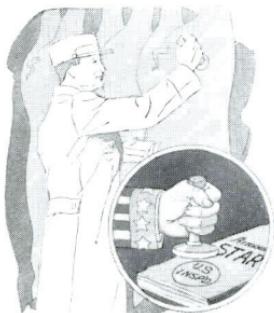
½ teaspoon salt  
 ¼ teaspoon pepper  
 8 small cabbage leaves

Blanch cabbage leaves in boiling water. Mix the ground "Star" Ham with rice and seasoning. Roll a rounding tablespoonful of the mixture in each cabbage leaf. Secure loose edge of leaf with toothpick. Place rolls in a greased baking dish. Pour over the sauce and bake in a moderate oven (350° F.) for 30 minutes. Serve from baking dish, garnished with parsley.

TOTAL TIME: 50 MINUTES. SERVES 6.

# Armour's Star Ham

## The Importance of U. S. Government Inspection



DO YOU know that only 65 per cent of the meat sold in this country is U. S. Government Inspected?

Yet, it is true, and the fact doubly emphasizes the necessity of insisting that the little government inspection stamp appears on all food products you purchase.

Each of the big Armour Packing Plants is under the daily supervision of a corps of U. S. Government experts. It is their duty to safeguard your food supply—make cer-

tain that the Armour foods you obtain through Armour dealers are pure, fresh and of finest quality.

Look for the U. S. Government Inspection stamp. It appears on every Armour food product and is your guarantee of dependable quality—always.

Knowing the positive purity of Armour's foods, you will enjoy these and the many other products bearing the familiar and dependable name "Armour," as well as the U. S. Government Inspection stamp.

"STAR" HAM  
"STAR" BACON  
"STAR" SLICED BACON IN CARTONS  
"STAR" SUMMER SAUSAGE  
"STAR" SALAMI SAUSAGE  
"STAR" PURE LARD  
(Pails and cartons)  
SIMON PURE LEAF LARD  
Made from 100% Leaf Fat  
(Airtight tins)  
VEGETOLE  
(Vegetable Shortening in pails and cartons)

VERIBEST CANNED MEATS  
VERIBEST PORK AND BEANS  
VERIBEST EVAPORATED MILK  
VERIBEST PEANUT BUTTER  
3X AND NUTOLA OLEOMARGARINE

Also

CLOVERBLOOM BUTTER  
CLOVERBLOOM EGGS  
CLOVERBLOOM CHEESE  
CLOVERBLOOM POULTRY

# It Is Economical to Buy a Whole Armour's "STAR" HAM



YOU can buy Armour's "Star" Ham with the Fixed\* Flavor by the slice, by the piece, or however you wish; but even the small family can conveniently use a whole "Star" Ham.

In purchasing a whole ham you get it at considerably less per pound; therefore you enjoy an actual money saving. The ham keeps well in its protective wrapping.

You can serve it broiled, boiled, fried or baked. Divide the ham into three sections, as indicated in the accompanying illustration. You can boil the shank with vegetables.

Slice the center portion for frying or broiling. You will find these slices make tempting ham steaks, unusually good-looking and especially tasteful; a welcome change now and then for all the family.

Bake the butt for a pleasing main course, or serve it in any of the many other appetizing ways.

Any portion is easily and quickly prepared. Left-over cooked portions may be creamed, or served with cold cuts, attractively garnished. As a sandwich filler it has no equal. Each style of service has its own peculiar charm that assures the saving grace of variety.

## Easy to Keep—Easy to Prepare

### —Easy to Serve

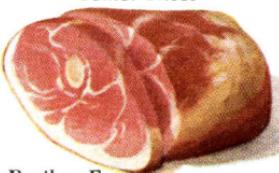
By cutting a ham on the bias—in three sections—you increase the number of center slices. This is true ECONOMY, for center slices cost twice the pound price asked for a whole ham.

Butt



Bake, Boil or Fry

Center Slices



Broil or Fry

Shank



Cook with Vegetables

# Armour's "STAR" Bacon

THE only real rival of "Star" Ham is Armour's "Star" Bacon. In uniform quality it is equally dependable for it has the same famous Fixed\* Flavor. The mildness and sweetness of this choicest bacon are distinctive. As a breakfast delicacy, it is admittedly unsurpassed. Wherever finest foods are served—on dining cars, in prominent hotels and elsewhere—it is a familiar item on the menus.

Yet "Star" Bacon is more than a breakfast dish solely. In home cookery it has many uses. A few slices, cooked with the so-called "cheaper cuts of meat," add richness. It has no equal for imparting zest to roast fowl, fish or meat loaf. Bacon sandwiches, fried apple and bacon, and other combination dishes offer tempting variety.

For outing trips, bacon is of course a favorite food. It can be cooked quickly, and it is easily carried—especially, if purchased in cartons.

Proper method in cooking is essential. This is given on Page 8 of "36 Ways to Serve Bacon," our new "Star" Bacon book.

Since bacon is one of the most easily digested fat meats known, it is excellent for growing children. It provides abundantly the energy food they require. You can buy Armour's "Star" Bacon in any form you prefer. It comes in parchment wrapped whole pieces, by the pound, or sliced evenly and ready for use, in pound and half-pound cartons.



*Always identify it by the label, to be sure you're getting Armour's "Star."*

## WRITE FOR "36 WAYS TO SERVE BACON" The New "Star" Bacon Book



THIRTY-SIX tempting recipes that will further your enjoyment of "Star" Bacon are included in our new book, "36 Ways to Serve Bacon." This book contains authoritative information regarding the food value of "Star" Bacon—its place in the child's diet—uses for "Star" Bacon drippings—and ways in which "Star" Bacon can be used to increase the flavor and palatability of potatoes, salads, eggs, and other foods. Send today for your free copy of this helpful book. Address Armour and Company, Dept. 66W, U.S. Yards, Chicago, Illinois for your free copy of "36 Ways to Serve Bacon."

*Be sure  
the Ham you buy  
bears this tag-*



## Easter Greetings

FRED MARTY  
4501 Virginia Ave.  
Groceries and Meats  
St. Louis, Mo.